

Supplementary Table 2. Results of the oblique promax rotation common factor analysis of Survey of OSA Functional Health Literacy items indicating support for a two-factor solution

	Factor 1	Factor 2
1. When breathing stops during sleep this is called sleep apnea	0.50	-0.01
2. Loud snoring can be a sign of sleep apnea	0.37	-0.16
3. People with sleep apnea can be sleepy during the day	0.58	0.17
4. Being overweight is the main cause of sleep apnea	0.49	-0.19
5. Using a continuous positive airway pressure machine means sleeping with an air mask	0.56	0.22
6. Losing weight is part of treating sleep apnea	0.67	-0.04
7. Exercise helps treat sleep apnea	0.57	0.17
8. Special mouth pieces can be used to treat sleep apnea	0.59	0.02
9. Sleep apnea can cause depression	0.47	0.06
10. Walking 15 minutes a day can help treat sleep apnea	0.28	-0.01
11. Waking with a headache can be a sign of sleep apnea	0.59	-0.04
12. Sleep apnea can cause leg cramping	0.50	-0.12
13. The tongue blocking the back of the throat causes sleep apnea	0.37	-0.16
Please choose the option that best matches your response		
1. How confident are you about having a sleep test done in the next 6 months?	0.11	0.45
2. How confident are you that you can start walking 15 minutes a day in the next 6 months?	0.33	0.51
3. How confident are you that you will develop a nutrition plan in the next 6 months?	0.19	0.47
4. How confident are you that you can use an air mask every night to treat sleep apnea?	0.31	0.22
5. How confident are you that your health will improve in the next 6 months?	0.03	0.61

OSA: obstructive sleep apnea.